Sports

Sport is commonly defined as an athletic activity that involves a degree of competition, such as netball or basketball. Some games and many kinds of racing are called sports. A professional at a sport is called an athlete. Many people play sports with their friends. They need coaches to teach or train teams or individuals how to do better. Sports can be played indoors or outdoors and by individuals or teams.

Sports is needed for health and can help reduce diseases such as heart attacks, many types of cancer, depression and anxiety, and dementia. Different types of sports help our body in different ways. For children, sports play an extremely important part in their lives by providing all round development of the child, physically, mentally and emotionally.

Sport (or sports) is all forms of usually competitive physical activity which, through casual or organized participation, aim to use, maintain or improve physical ability and skills while providing entertainment to participants, and in some cases, spectators.

Sport is generally recognised as activities which are based in physical athleticism or physical dexterity, with the largest major competitions such as the Olympic Games admitting only sports meeting this definition, and other organisations such as the Council of Europe using definitions precluding activities without a physical element from classification as sports.

Sports can help an individual work in team spirit and also develops a problem-solving attitude towards life. Physical exercise is done through sports. Sports played across the world is Cricket, Football, Volleyball, Chess, Badminton, Tennis. Two categories of sports are Olympic Sport and Non-Olympic Sport.

“Apart from education, you need good health, and for that, you need to play sports”

Table Tennis

Table tennis, also known as ping-pong and whiff-whaff, is a sport in which two or four players hit a lightweight ball, also known as the ping-pong ball, back and forth across a table using small rackets. Table tennis is governed by the worldwide organization International Table Tennis Federation (ITTF), founded in 1926.

The game takes place on a hard table divided by a net. Except for the initial serve, the rules are generally as follows: players must allow a ball played toward them to bounce one time on their side of the table and must return it so that it bounces on the opposite side at least once.

The game is popular all over the world. In most countries it is very highly organized as a competitive sport, especially in Europe and Asia, particularly in China and Japan.

Table tennis improves reflex, eye-hand coordination, mental alertness and speed of movement. It also improves balance and lowers the chances of falls and injuries. Additionally, table tennis is a safe sport to play because it is not a contact sport. It is easy on the body and can be enjoyed by players of all ages.

Cricket

Cricket is a sport which is played between two teams of eleven players each. One team, which is batting, tries to score runs, while the other team is fielding, and tries to prevent this. Runs are scored by hitting the ball, which is thrown by a player from the fielding team to a player from the batting team, across the boundary, or by the batting team's players running between two areas of the field called the batsmen's grounds as many times as possible before the fielding team successfully hits a wicket (set of sticks) in either of the grounds with the ball to get them out.

The game started in England in the 16th century. The earliest definite reference to the sport is in a court case of 1598. Today, it is a popular sport in England, Australia, India, Pakistan, Sri Lanka, Bangladesh, South Africa, New Zealand, the West Indies and several other countries such as Afghanistan, Ireland, Kenya, Scotland, the Netherlands, and Zimbabwe.

The wickets are sets of three small, wooden posts that are at each end of a rectangle of short grass called 'the pitch', which is 22 yards long. The pitch is inside a much larger oval of grass called the 'area of play'. When a team no longer has enough "not-out" players left to score, then the other team gets the chance to try to score. In shorter games of cricket, a team may also have to stop batting when the ball has been thrown to their players a certain number of times. After both teams have had enough chances to score, the team with the most runs wins.

Football

Football is a word which could mean one of several sports. The best-known type of football is association football. This is called "soccer" in North America, South Africa, and Australia to avoid confusion with other types of football that are commonly played there.

The name football comes from the two words 'foot' and 'ball'. It is named football because the players of the game walk and often run (on their feet) while playing, as opposed to (for example) polo where the players ride horses. Football is played using a ball, also called a 'football', that is usually shaped like a sphere or an ellipsoid. The ball is often kicked with the foot, but depending on the game, it can also be hit using other parts of the body (in association football) and handling the ball is a part of some other sports known as 'football'.

Some elements of football have been seen in many countries, dating back to the second and third century AD in China. The modern games of both rugby football and association football comes from 19th-century England. Kicking a ball goes back to the Middle Ages. Association football spread to many other parts of Europe, and was brought to the rest of the world with colonization. Today, it is the most popular sport in the world and many people watch it on television, especially the FIFA World Cup that happens every four years.

Every year there is a Football Club Competition called as Champions League. All the qualified big teams take part. At the end, we have one winner who takes the prestigious UEFA trophy. All big players play for their own teams. Some big players who take part every year are Mbappe, Ronaldo, Messi, Dybala, Neymar and many more.